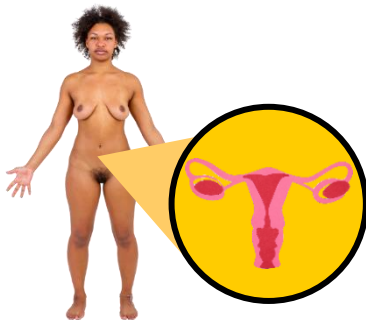




Periods explained



Girls are born with **2** ovaries inside their body
- you can't see them

Your ovaries have eggs in them - they are for
when you start a baby



Each month your body lets an egg go - if the egg
is fertilised by sperm from a man, it can grow into
a baby



If the egg is not being used to make a baby, it
comes out of the vagina in some blood - this is
when you have your **period**

Your **period** is also called **menstruation**



Most girls get their first period when they go through **puberty**

Puberty is when your body changes from being a child to being a young adult



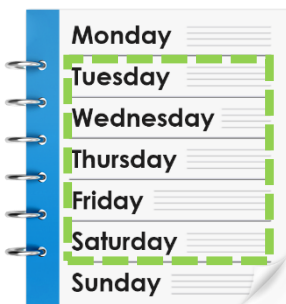
Periods usually begin at around the age of **12**
- some girls will start periods later, and some girls will start periods earlier

Everyone is different



You will get your period around every **28** days
- some periods will start later, and some periods will start sooner

Everyone is different

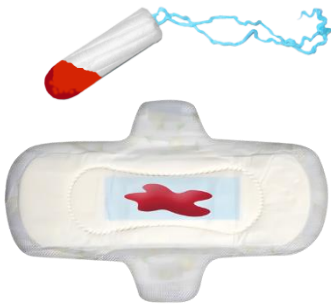


A period usually lasts around **5** days – some women will have shorter periods, and some women will have longer periods

Everyone is different



Periods usually stop when a woman is between the ages of **45** to **55** - this is called **menopause**



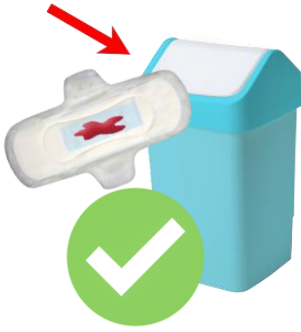
When you get your period, you should use a sanitary pad or tampon to catch the blood before it gets on your clothes



A **sanitary pad** goes inside your underwear to soak up the blood



A **tampon** goes inside your vagina to soak up the blood - it has a string so it can be pulled out



Put your old pad or tampon into a bin



Do not flush your old pad or tampon down the toilet



You could also think about using **period pants** or a **menstrual cup**



Use the type of **period product** you feel most comfortable with



Change your pad or tampon at least **4** times a day



Wash your hands before and after changing your pad or tampon



Your period should not stop you doing everyday things like

- going to college or work



- taking part in sports



- or other activities



When you get your period your mood can change
- you may feel a bit grumpy or sad



Periods can be uncomfortable

- you may get stomach (tummy) cramps



- you may feel very tired



- you may get a headache



You do not need to worry – all of this is normal



If you have bad period pain or lots of bleeding, talk to a nurse or doctor - there are medicines you can take to help with period pain